

# Nifty Nutrients

## More Fruits and Vegetables Matter

Name: \_\_\_\_\_

Getting enough fruits and vegetables matter. By eating lots of different colors of fruits and vegetables, you are more likely get the vitamins and minerals your body needs to grow, play, learn and stay healthy. Kids your age (8-9 years old) eat at least 3 cups of fruits and vegetables each day to get plenty of vitamins and minerals. Remember half of your plate should be fruits and vegetables.

Using the chart, Common Fruits and Vegetables Serving Sizes, answer the following questions.

- How many grapes would you need to eat to equal 1/2 cup? \_\_\_\_\_
- Name the amount of carrots you would need to eat to equal 1 cup? \_\_\_\_\_
- Plan what fruits and vegetables you would choose and the serving size you will eat of each one to meet the 3 cup minimum in a day. Use a variety (both  $\frac{1}{2}$  cup and 1 cup) serving sizes for your choices.

Meal	Fruit/Vegetable	Amount to Eat	Serving
Breakfast			
Snack			
Lunch			
Snack			
Dinner			

- Did you choose a variety of colors of fruits and vegetables? Name the colors chosen: \_\_\_\_\_
- Is there another favorite fruit or vegetable that you like and isn't listed on the chart? List the name of the item and predict the serving size that is equal to a one-half serving.

Name: \_\_\_\_\_ 1/2 cup = \_\_\_\_\_

Check your prediction by visiting: [http://www.choosemyplate.gov/food-groups/vegetables\\_counts\\_table.html](http://www.choosemyplate.gov/food-groups/vegetables_counts_table.html) or [http://www.choosemyplate.gov/food-groups/fruits\\_counts\\_table.html](http://www.choosemyplate.gov/food-groups/fruits_counts_table.html)

- How would you convince your friend that doesn't enjoy fruits or vegetables to try them? \_\_\_\_\_

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# Eat Smart Be Smart

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